

Discover Forgiveness
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²⁶ And “don’t sin by letting anger control you.”^[a] Don’t let the sun go down while you are still angry, ²⁷ for anger gives a foothold to the devil.

Ephesians 4:26-27 (New Living Translation)

I. Jesus came to reverse the Law of Lamech

²³ One day Lamech said to his wives, “Adah and Zillah, hear my voice; listen to me, you wives of Lamech. I have killed a man who attacked me, a young man who wounded me. ²⁴ If someone who kills Cain is punished seven times, then the one who kills me will be punished seventy-seven times!”

Genesis 4:23-24 (NLT)

²¹ Then Peter came to him and asked, “Lord, how often should I forgive someone^[a] who sins against me? Seven times?”

Matthew 18:21 (NLT)

II. What forgiveness is not...

- 1. Forgiveness is not excusing.**
- 2. Forgiveness is not forceful.**
- 3. Forgiveness is not reconciling.**

III. What is forgiveness?

- 1. Forgiveness is a decision.**
- 2. Forgiveness is offering the grace I’ve received to someone else.**

²⁸ “But when the man left the king, he went to a fellow servant who owed him a few thousand dollars. He grabbed him by the throat and demanded instant payment. ²⁹ “His fellow servant fell down before him and begged for a little more time. ‘Be patient with me, and I will pay it,’ he pleaded. ³⁰ But his creditor wouldn’t wait. He had the man arrested and put in prison until the debt could be paid in full.

³¹ “When some of the other servants saw this, they were very upset. They went to the king and told him everything that had happened.³² Then the king called in the man he had forgiven and said, ‘You evil servant! I forgave you that tremendous debt because you pleaded with me. ³³ Shouldn’t you have mercy on your fellow servant, just as I had mercy on you?’ ³⁴ Then the angry king sent the man to prison to be tortured until he had paid his entire debt.

Matthew 18:31-34 (NLT)

IV. How do we forgive?

- 1. Humbly admit I need power outside of myself.**
- 2. Find biblical ways to avoid or reduce the feeling of unforgiveness.**
- 3. Ascend the pyramid of forgiveness**
 - a. Recall the hurt**
 - b. Empathize with the one who hurt you.**
 - c. Offer the altruistic gift of forgiveness**
 - d. Commit publicly to forgive**
 - e. Hold onto forgiveness**
- 4. Understand that true forgiveness takes time, effort and lots of grace.**